



IT'S 'DAMNED SELVES' IN DISTRESS

ALBERTA-SET CBC DRAMA STRANGE / EMPIRE BREAKING NEW GROUND IN THE WESTERN GENRE **PAGE 11**



Children exposed to graphic anti-abortion postcards

Parents 'furious' kids saw provocative literature at day home **PAGE 4**

I'm supposed to be T-bone!

So your office nickname isn't a winner? Tips to deal with — or change — your unwanted moniker **PAGE 18**

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READY, SET, RUN!

Thousands of participants take their first steps in the 23rd annual CIBC Run For The Cure, after getting the "Go!" signal from the event marshal. More than 7,000 people took part in the fundraising event for breast cancer research. For the story, see page 6. ROBSON FLETCHER/METRO

Build bike path along LRT line: New city report

Parallel to Macleod Trail. Described as best immediate option for safe and direct north-south cycling routes in the area



ROBSON FLETCHER
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Calgary should build a dedicated bike route along the existing LRT right-of-way that runs parallel to Macleod Trail north of Chinook Centre, according to a new city report.

It's an idea that Ward 11 Coun. Brian Pincott has been suggesting for years. Plans set to be presented to members of council this week describe it as the best immediate option for creating a safe and direct

north-south route for cyclists in the area.

"Since implementation of the proposed cycle facilities on Macleod Trail is expected to take a long time, a parallel route for cyclists is recommended along the LRT line," the report states.

The recommended route would run adjacent to the C-Train tracks from Chinook Centre north to the 39 Avenue station.

Pincott said a portion of an adjacent gravel service road could be converted into a dedicated bike path with relative ease.

"Most of it is already there; we just need to pave it," he said. "This is an easy win for cyclists to make commuting by bike easier, more efficient and quicker."

Bike Calgary president Kimberley Nelson said the route

would give cyclists much easier access to the Stampede grounds to the north, the Manchester industrial area to the east, Chinook Centre to the south, and connect them via Mission Road to the Elbow River pathway to the west.

"That sounds absolutely perfect," she said. "I know quite a few people that will be excited to hear it's coming."

Cycling advocate Richard Zach said only "hardcore" cyclists dare to ride in traffic on Macleod Trail itself, and other north-south options nearby are indirect, disjointed and hilly.

Zach said using space on the existing LRT right of way "makes total sense" for a cycle route and may only require some additional lighting for nighttime riding.

"I'm hoping they'll think about that and make it bright enough," he said.

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FIVE THINGS YOU NEED TO KNOW TODAY

1

CASHING OUT

Wildrose leader Danielle Smith will release new details on government severance packages Monday, while asking the province to end bonus payouts across the board.

2

THE LONG RUN

The Calgary Marathon, fresh off rebranding, has opened registration for the 2015 race. The events include 5K, 10K, half, full and kids' marathons as well as a health-and-wellness expo.

3

GILLER PICKS

Book lovers, take note: The Scotiabank Giller Prize is announcing its 2014 short list in Toronto today, down from its long list of 12 Canadian books.

4

SO GOOD THEY CAN'T IGNORE

The American Film Institute is awarding Steve Martin this year's Life Achievement Award, the institute's highest honour.

5

FORD FIGHTS ON

Rob Ford's brother says the ailing Toronto mayor will begin a second round of chemotherapy on Tuesday. Ford underwent an initial round last month.

Principal on challenge of keeping pace with immigration explosion

English Language Learners. Schools forced to adjust to increasingly complex student bodies



JEREMY NOLAÏS
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Principal Matt Christison has seen the immigration boom first-hand in the hallways of his own school.

When he started at Centennial High five years ago, there were approximately 60 students identified as English Language Learners (ELL). Fast forward to this year, and that number has just about quintupled.

Class sizes across the Calgary Board of Education are also on the rise, especially at the senior-student level.

Christison said his average pupil now learns in a room with a head count

somewhere in the mid-30s.

The population of "travelling teachers," who would roam between schools providing students with language or speech support, also appears to be all but extinct — a likely side-effect of what the CBE has deemed four straight years of underfunding from the province.

Christison said other schools he's in contact with have seen tenfold increases in ELL enrollees and now play host to students from more than 100 countries.

"All the teachers that I work with, they want to do their very best, and it becomes very difficult to try to have as many different strategies as you can, to have as much time as you can to work with students," he said.

"And then, the third complicator is there are the outside concerns that come from families, particularly from families who made a huge sacrifice to come here,

or they've sent their child overseas to go to school in Canada, which is very expensive."

In early 2013, the CBE reported having 26,305 ELL participants, which amounted to nearly one quarter of its total student population.

The recently released Future of Principalship in Canada study indicates there are concerns elsewhere in Alberta, with 58 per cent of polled principals expressing worry about their ability to support ELL members and their families — a figure that far exceeds the national average of 23 per cent.

Coming up

For more from the interview with Centennial High School principal Matt Christison, pick up Tuesday's edition of Metro.



Centennial High School principal Matt Christison said it has become challenging to meet the needs of an increasingly diverse student population in his school. JEREMY NOLAÏS/METRO

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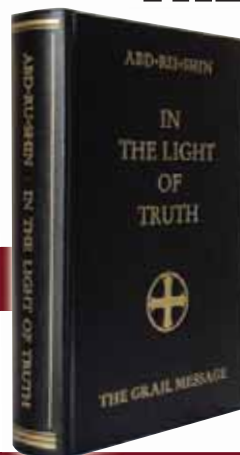
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Bridlewood

Calgary police seek public's help after jogger attacked

Police are on the hunt for a man they say attacked a woman who was running in the community of Bridlewood Saturday evening.

The incident occurred around 6:30 p.m. when a man

approached the victim, who is in her 30s, then grabbed her from behind and attempted to push her to the ground.

The woman did manage to fight off her attacker, who fled on foot. He's described as being Caucasian, five-foot-nine with dark, shoulder-length hair. It's believed the suspect was between 40 and 50 years of age and was wearing a black T-shirt and black jeans at the time of the attack. **METRO**

Tragic killing

Alta. shooting victim's dad says his son shot back

The father of one of three people fatally shot in Alberta says the gunman broke into his son's home, and that his son shot the attacker with another weapon almost simultaneously.

Bob Lindsay said his son Shawn Lindsay, 43, let Joe Sylvester go from a job at his oilfield company in Consort, Alta., two weeks ago.

Lindsay said his son's girlfriend told him that the couple awoke early Friday morning to find Sylvester in their bedroom with a rifle. "Shawn got up and he threw (Sylvester) out of the house," Lindsay said his son locked the door, but Sylvester

smashed a window and got back inside.

Lindsay said his son was shot in the stomach and died later. **THE CANADIAN PRESS**

Manora Road NE

Man shot fatally in Marlborough Park

Homicide investigators were called in after a man was shot

in the northeast Calgary community of Marlborough Park early Saturday and later died.

Police were called to the scene in the 300 block of Manora Road NE at around 10 a.m. Saturday morning, where they found the man suffering from gunshot wounds.

He was rushed to hospital but pronounced dead on arrival, said Duty Insp. Joel Matthews. **METRO**

Parents 'furious' after kids find anti-abortion postcards on doors

Gory images. Children return to day care to find graphic pro-life literature



HELEN PIKE

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Gruesome pro-life postcards were slapped to doors in a northwest Calgary community, leaving area residents fuming.

Hidden Valley resident Shelley Osmond runs a day home in the area and said children found and passed around the postcard-style propaganda before she could see what it was.

On the front, a smiling photo of Michelle Rempel was edited to appear over a very graphic photo.

The photo is a gory depiction of a mangled fetus and it reads: "Politician Michelle Rempel supports abortion. And she wants to be your MP."

Osmond snatched the card out of the children's hands, only to face a barrage of questions.

"Everybody on our block is just furious, because we have so many small kids and we could just not believe that the



Postcards like this one were distributed to Calgary homes. Metro has digitally pixelated the most graphic images.

CONTRIBUTED/METRO

kids were subject to this," she said. "Yes, there's freedom of speech, but if you want to do this at least put it in an envelope."

Among the kids was one whose mother, Stephanie Cudmore, lost a child just three months earlier during her

second trimester.

"It wasn't exactly something I cared to be reminded of," said Cudmore.

Cudmore's high-school-aged daughter is old enough to understand the pictures they found on their doorstep, but her four-year-old son was

frightened by them.

"He went through the whole surgery thing basically with me," she said. "We had to explain that his baby brother wasn't going to be born and we went through a whole counselling thing together ... you think kids that age don't

get it, but they do."

The community has created a petition at change.org asking local government for legislation to control graphic images of this nature.

While it has previously been labelled as a freedom-of-speech issue, Robyn Moser, a realtor serving the community, sees it differently.

"We restrict our freedom of speech all the time in order to protect those around us. Why are these images any different?" she asked. "They can go around and they can advocate on behalf of their message all they want, I'm not disagreeing with that."

The families affected made calls to the Canadian Centre for Bio Ethical Reform (CCBR), the group believed to be behind the images, and left voicemails, but have not been able to reach anyone.

Metro's calls to the organization were not returned.

"I wish they could understand," said Cudmore. "They're pushing this in people's faces and not even thinking that small children might pick this up or somebody that has gone through something that terrible or heartbreaking."

UberX. Ads seek 'everyday' drivers

Organizers behind an app some believe could play a major role in solving Calgary's taxi woes are downplaying the intent of recent ads attempting to recruit drivers with "everyday cars" to transport passengers.

Uber has lobbied livery officials to loosen regulations on limousines and luxury sedans so it could permanently establish its UberBlack service in Calgary, but the UberX offering outlined in the ads provides an even cheaper option for commuters, one that is bound to conflict with numerous city bylaws.

The ads, which a spokesperson said have been posted as sponsored content on Facebook for several weeks, read "Earn up to \$20/hour ... driving in Calgary with UberX! Apply now and start making some serious cash!"

But Jeff Weshler, Uber Canada's general manager for expansion, said the postings were merely aimed at "gauging interest."

"It's early on and it's just an innovative new platform. We've seen some new interest," he said. **JEREMY NOLAIS/METRO**

Taylor should have been granted leave from CBE: ex-ASBA head



Former Calgary Board of Education trustee Sheila Taylor says she was left with no choice but to resign her post last week to run for the Calgary-West byelection seat. **METRO FILE**

A public-school trustee shouldn't have had to resign in order to campaign for the vacant MLA seat in Calgary-West, says the former head of the provincial school boards association.

Jacquie Hansen, president of the Alberta School Boards Association (ASBA) for three years starting in November 2010, took a two-month leave to run for the provincial Conservative nomination in St. Albert, ultimately losing to Stephen Khan.

Hansen said Sunday she officially was off the ASBA job from Dec. 1, 2011, to Jan. 31, 2012, and consulted an ethics

commissioner before making the move.

She said she was surprised to learn that Calgary Board of Education trustee Sheila Taylor was told by officials with her own school board that they had no authority to grant her a four-week, unpaid leave to challenge on behalf of the opposition Wildrose for the vacant MLA seat in Calgary-West.

In an emotional news conference Friday, Taylor said she did not agree with the opinion, which CBE trustee Lynn Ferguson said on Twitter came from ASBA legal representatives, but

resigned nonetheless to focus on her MLA bid.

Hansen said it shouldn't have come to that and blamed "gaps" in legislation.

"There should be some allowances in place that allow people to make the leap," she said, noting that several former school trustees have made the jump to provincial politics.

CBE trustee chair Joy Bowen-Eyre said in a statement Friday that "upon review of the School Act, we believe that leaves are not permitted."

Taylor has been quick to adopt some Wildrose catch-

phrases since launching her MLA campaign Wednesday, dubbing the new starter schools announced by the province for four Calgary communities "a bit of a Band-Aid solution," and stating she wanted to "send the PCs a message." But Hansen noted many other trustees around Alberta openly vouch for specific provincial parties.

"You still can believe in your personal party politics ... you're supposed to have some diversification on boards anyway, aren't you?" she said. "Doesn't that allow for healthy debate?"

JEREMY NOLAIS/METRO

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Iconic building. Calgary may extend lease offer for Eamon's by one year

No one has yet come up with a plan to turn the 1950s-era Eamon's Bungalow Camp building into a commercial operation at the new Tuscany LRT station, so city councillors will this week consider extending the lease offer by one year.

City staff received five expressions of interest since the lease opportunity was first posted in February 2013, but so far none of those has panned out.

Three interested parties have dropped out, one has put potential plans on hold and one has not yet submitted a proposal for consideration, according to a new city report.

The Art Deco-style gas station and store, which once stood as the final outpost for Calgarians heading out of the city to Banff, remains in storage while its recognizable sign has been refurbished and erected at the new Tuscany station.

Bob Everett, who owned

the building in the 1980s and remains committed to seeing it saved, said it's good to see the sign back in place but it's just one half of what he sees as "a pair" of iconic structures.

"Each one of them is very impressive in itself, but you put the two together and it's an Art Deco display that very few cities have or will ever have," Everett said Sunday.

Councillors will meet Friday to discuss extending the lease offer to Oct. 31, 2015.

If no viable agreement is signed by then, city administration is recommending putting the building up for sale. If no buyers come forward, the plan would then be to demolish the building.

Everett would hate to see it come to that.

"My hopes are that they wouldn't abort and destroy this after all this effort and money and time that's gone into it," he said. "That would just be a travesty at this point." **ROBSON FLETCHER/METRO**

'You see the hope': Run for the Cure draws 7,400 people



Participants of all ages came out to the Southcentre Mall Sunday morning for the 23rd annual CIBC Run For The Cure. **ROBSON FLETCHER/METRO**

On the right trajectory. Breast cancer mortality peaked in 1986 in Canada, has since been reduced by 43 per cent



ROBSON FLETCHER
robson.fletcher@metronews.ca

Heather Williams took part in her first CIBC Run for the Cure in 2011, just weeks after a point in her own treatment for breast cancer where she wasn't sure if she was going to survive.

On Sunday, she participated in her fourth event, this time

Changing lives

"As a result of the over \$300 million that we've raised since (1986), we've made a difference."

Liz Viccars, CEO of the Canadian Breast Cancer Foundation for the Prairies and NWT region

as a survivor spokeswoman, standing on a scaffolding platform above the start line and speaking to a crowd of thousands below.

"It was a phenomenal view, because you look out there and every single person is making a difference," Williams said. "You see the hope. You see the support."

About 7,400 runners took part in the Calgary run, raising \$1.28 million between them, adding to a national fundraising total of \$25 million at similar events across Canada, according to the day's final tally.

Liz Viccars, CEO of the Canadian Breast Cancer Foundation for the Prairies and NWT region, said the turnout reflects the connection Calgarians feel to those who have battled or are still battling the disease.

"It certainly speaks to the fact that cancer impacts all of us, and particularly breast cancer — we all have a mom, daughter, grandmother, girlfriend or friend (who's affected)," Viccars said.

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Search for students leads to mass graves in Mexico

Iguala. Families offer DNA samples to find out if burned remains are of those who disappeared amid violent protests

from mass graves on the edge of town, a lawyer for the families of 43 missing students said Sunday.

Attorney Vidulfo Rosales said the remains were those of an undetermined number of people, and were unidentified. Relatives of 37 of the missing people have provided DNA samples that will be used to determine if the remains belong to any of the students, the attorney said.

The students have been missing since last week in violence that also resulted in six shooting deaths.

Guerrero State Prosecutor Inaky Blanco said eight more people had been arrested in the case, adding to the 22 police officers detained after a police confrontation with protesters last weekend set off a series of violent incidents in the city.

The prosecutor has said state investigators had obtained

videos showing that local police arrested an undetermined number of students after the initial clash and took them away.

State prosecutors have said the first bloodshed occurred when city police shot at buses that had been hijacked by protesting students, killing three youths and wounding 25. A few hours later, Masked gunmen shot at taxis and a bus on the main highway, killing three people. **THE ASSOCIATED PRESS**



Students and the relatives of missing students block a main highway in Chilpancingo, Mexico, on Sunday. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

Security forces investigating the role of municipal police in clashes in Iguala, Mexico, have pulled several burned bodies



Palestinians go along for the ride during Eid al-Adha

Palestinians enjoy a ride in an amusement park during Eid al-Adha, a holiday celebrated by Muslims worldwide, in the West Bank city of Jenin on Sunday. Eid al-Adha, a three-day holiday that started Saturday and commemorates the willingness of the Prophet Ibrahim to sacrifice his son in accordance with God's will. **MOHAMMED BALLAS/THE ASSOCIATED PRESS**

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Ferguson

Protesters change symphony's tune

Several dozen people protesting the shooting death of black teenager by a white policeman have interrupted a performance of the St. Louis Symphony.

Reports say that as the musicians were about to perform a song, demonstrators began singing and unfurled banners from a balcony related to 18-year-old Michael Brown's shooting in August in Ferguson. **THE ASSOCIATED PRESS**

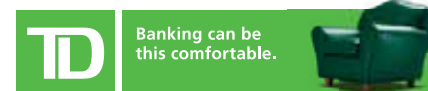
Iraq

Soldiers publicly executed by ISIS

Militants from the Islamic State of Iraq and al-Sham (ISIS) on Sunday publicly shot and killed six Iraqi soldiers captured in a western province where the extremists continue to advance despite an expanding U.S.-led campaign of airstrikes.

The killings took place in the town of Hit, about 140 kilometres west of Baghdad. **THE ASSOCIATED PRESS**

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More support needed for troubled police, say mental health experts

Suicides. Traumatic encounters, stressful working conditions and cultures of silence leave officers vulnerable

Some recent suicides among Canada's police officers have mental health advocates redoubling calls for more aggressive government action and greater public sympathy

for the emotional well-being of law enforcement professionals.

Traumatic encounters on the job, coupled with stressful working conditions and challenging cultures of silence, leave police vulnerable to mental health stress, they said, arguing the issue is comparable in scope to the more high-profile challenges faced by the country's military community.

The most recent apparent

case of suicide, according to multiple media reports, was Staff Sgt. Kal Ghabban, a 22-year veteran of the Ottawa police force whose body was found in his office last weekend.

Canada does not have a central database to track police suicides, but a recent effort to document the problem has some people drawing striking parallels.

The Tema Center Memorial Trust, an organization that

works to raise awareness of the mental health concerns faced by first responders, began logging police suicides in late April.

In just over five months, the group said, it recorded 12 instances where actively serving officers took their own lives. The group said each case was verified with individual police forces or other first responders before being formally recorded as a suicide.

Tema Executive Director Vince Savoia said the numbers are comparable to a sharp spike in military suicides last year that had the Department of National Defence fielding harsh criticism from the opposition.

In a three-month stretch from November 2013 to February 2014, the military recorded 10 confirmed suicides.

Savoia said the comparable numbers are not altogether surprising, consid-

ering the similar challenges faced by soldiers and cops.

Both groups tend to attract driven, ambitious people who are averse to admitting weakness.

This natural reticence becomes enhanced by an internal culture that discourages signs of perceived weakness and is further reinforced by a more broad-based social stigma toward those struggling with mental illness, he said.

THE CANADIAN PRESS

Iraq. Nicholson cagey about length of Canada's combat commitment

Defence Minister Rob Nicholson is refusing to say whether Canada will bow out of its planned combat role in Iraq after six months or seek an extension.

MPs are expected to vote Monday on the Conservative government's decision to join allies in airstrikes against the extremist Islamic State in Iraq and el-Sham (ISIS), which has been terrorizing stretches of Iraq and Syria.

The opposition NDP and Liberals have indicated they will not support Prime Minister Stephen Harper's plan, partly out of concern Canada could be dragged into a lengthy quagmire.

In an interview with CTV's Question Period, Nicholson stressed that the motion before Parliament would commit Canada's CF-18 fighters for a maximum

of six months.

But he stopped short of promising that would be the end of Canada's combat mission.

Nicholson says ISIS is in the business of mutilation, rape and murders, and that Canada must take action.

THE CANADIAN PRESS



Defence Minister Rob Nicholson.
THE CANADIAN PRESS



Bubble ballers bounce around at Bellwoods

Vince Farago, left, and his friend Tyler Sammy braved the chilly October air to do battle during a game of bubble soccer Sunday at Trinity Bellwoods Park in Toronto. CARLOS OSORIO/TORSTAR NEWS SERVICE

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Loonie takes nosedive, is likely to stay below water



HOW TO ROLL
Alison Griffiths
metronews.ca

Do you have a sinking feeling?

The loonie certainly does.

Just a year after predictions of an extended period above par for the Canadian dollar against the greenback, the loonie has sunk below 90 cents US, a six-month low.

I polled senior economists and the consensus is that our weak dollar is here to stay. In fact, many believe that 85 to 87 cents will be the new normal.

Some investors will be

cheering, others weeping into their beer. Anyone who purchased U.S. stocks a year or more ago has seen a nice appreciation just on currency alone. As the loonie sags, the value of those U.S. holdings rise.

But those who have been sitting on the fence waiting for an overdue stock market correction of 10 per cent or more are now going to pay dearly to buy south-of-the-border equities.

Not long ago, the majority of mutual funds and exchange-traded funds investing in U.S. or other international stocks and indices were hedged. Hedging cancels or neutralizes the effect of currency movements.

For a number of years, I have been among many who recommended buying unhedged mutual funds and ETFs where possible. I felt that with the loonie at a 30-year high against the greenback, it was only a matter of time before the trend reversed.

A 10 per cent-plus drop in our currency produces a similar gain when a U.S. investment is translated into Canadian dollars.

Now, it's time to be currency-defensive, at least for U.S. investments, in case the Canadian dollar defies the experts and heads north again. New money should be directed at hedged mutual funds and ETFs. In fact, investors who normally purchase individual stocks might consider investing in Canadian listed, hedged ETFs instead.

Any U.S. stock bought with Canadian dollars will be about 12 per cent more

Down low

Canuck buck vs. the U.S. dollar:

- **1952-1960:** \$1.02 to \$1.06 US
- **1973-1976:** \$1.02 to \$1.04 US
- **2002-2004:** \$.062 to \$.070 US
- **November 2007:** \$1.10 US (modern-day high)

expensive from the get-go, once exchange fees are taken into account.

The currency flu might force travellers to abandon U.S. holiday plans. But at least we're not alone.

The euro, pound, Swiss franc, South African rand and Australian dollar are all dropping like stones against the mighty greenback.

Pharmacare. Experts call for public coverage of prescription drug costs

It's a buzzword in the medical community, although one that hasn't quite caught fire yet with Canadians at large: pharmacare, a national program that would see prescription drugs covered through a publicly funded system rather than out of pocket.

Many doctors are clamouring for it. Canadians dream of it when faced with sky-high drug costs as when they fight cancer, diabetes, heart disease and other illnesses. Even private insurers aren't entirely opposed.

And now politicians are starting to take up the cause. The federal NDP is calling for national pharmacare, while Ontario's new health minister has emerged as one of its most enthusiastic cheerleaders as he urges a federal strategy.

"I can't tell you how many times I'd have to go into the sample drawer, because I knew if I gave a prescription to someone, they weren't going to fill it because they couldn't afford it," said Eric Hoskins, also a phys-



About one in 10 Canadians cannot afford to fill prescriptions due to costs.
MARIO TAMA/GETTY IMAGES FILE

ician, in a recent interview.

Canada, with its aging population, is the only industrialized nation with universal health insurance but no public coverage of prescription drug costs.

An estimated one in 10 Canadians can't fill prescriptions because of the expense. The Organization for Economic Cooperation and Development has also found that Canada has the second highest per capita spending on prescription drugs in the OECD. **THE CANADIAN PRESS**

The new normal

"I polled senior economists and the consensus is that our weak dollar is here to stay. In fact, many believe that 85 to 87 cents will be the new normal."

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RANDOM ACTS OF SUBVERSIVE KINDNESS

Hey, Calgary: Stop playing around and get to work, would ya?

I joke. But the city does seem extra playful lately, with spontaneous transformations of public space showing up all over the place.

These surprises are heartwarming, but they also go beyond fuzzy feelings.

Calgarians have been happily stumped by one mystery in particular: a series of small, colourful, handmade benches that have popped up in front of local shops, delighting owners and passersby alike. As of this writing, the people behind the Bench Project remain anonymous (they tweet at @benchprojectyc). The benches were paid for out-of-pocket by the makers. Inspired by a similar effort in New York City, the project's goal is to "create space for Calgarians to have a seat and enjoy our city." It's working, and not just for those who actually sit. The project is the talk of the town. Just hearing about the benches makes one feel more



URBAN COMPASS
Jeremy Klaszus
calgary@metronews.ca

connected. Meanwhile, in the northeast community of Harvest Hills, residents have enjoyed a similarly generous mystery. People waiting for the bus — that most unpleasant of commuting experiences — have had one of their transit stops anonymously retrofitted into a whimsical outdoor living room. The stop has been outfitted with such things as a chair, flowers, novels, a Barrel of Monkeys and a crossword book. These random acts of neighbourliness lift the spirit, reminding us that people still care for their communities.

But it would be a mistake to leave it at that.

These small transformations are also brilliantly subversive. They are contributions to what Vancouver author Charles Montgomery calls the "happy city" — cities that maximize joy, minimize hardship and help us build meaningful bonds between friends and strangers.

In his book *Happy City: Transforming Our Lives Through*

Urban Design, Montgomery asks: Who has the right to shape the city? His answer? All of us. "We are all, through the very geography of our lives, natural stewards and owners of the city," he writes. "Those who acknowledge it claim immense power."

The Bench Project and the living-room bus stop contain this message of citizen empowerment: Each of us can change our city for the better. You don't need a degree in urban design. You don't need permission. You can just go out and get at it in small, meaningful ways.

Of course, we need system-level transformation, too. One or two good-hearted people can't shorten bus commuting times, improve zoning bylaws or make a community more walkable. But we needn't wait. Small, neighbourhood-level improvements can have a big impact on our sense of well-being and connectedness. The benches and bus stop are perfect examples of this. So here's to all of Calgary's bench crafters, yarn bombers, little free library builders, guerilla bus-stop decorators and other agents of creative urban disruption working diligently, and often anonymously, among us.

Metro Bitstrips caption contest



Are you planning to eat the Sports section?

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Bitstrips

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Drone's-eye view



ANDREW FIFIELD
andrew.fifield@metronews.ca

Drone-maker DJI sent one of its gadgets to for an intimate look at an erupting volcano — so intimate that the heat melted the face on the camera. The best part about all this? The volcano is called Bardarbunga, an Icelandic volcano handle that you can actually pronounce. (DJI/YouTube)



GETTY IMAGES FILE

Twitter

@metropicks asked: A stalled Disney ride stranded passengers for two hours. What's your most brutal experience being stuck somewhere?

@kendwren: Got stuck in 5 hours of traffic after a 10 hour drive - on a bus full of 30 or so 10-14 year old female Cheerleaders #horrible

@CallaghanAndrew: stuck on slash mountain for 45 minutes midstream, then miraculously works again so we can go down massive slide #neveragain



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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Harvey Award

Stewart museum gives Burnett its big rabbit award

Actress and comedian Carol Burnett is set to be honoured by a Pennsylvania museum dedicated to actor Jimmy Stewart.

Burnett will receive the museum's Harvey Award at a Friday fundraiser for the James M. Stewart Museum Foundation.

The award is named for the 1950 film in which Stewart befriends an invisible rabbit. It is typically given to someone with connections to Stewart.

Burnett has called Stewart her idol. He appeared on the final episode of The Carol Burnett Show as a surprise guest, ending its 11-year run in 1978. He died in 1997.

THE ASSOCIATED PRESS

Western women in distress, but don't call them damsels

Strange Empire. Set in 1869 Alberta, new CBC drama follows three women as they struggle for survival and independence

The young female stars of CBC's *Strange Empire* know they're breaking new ground in the western genre.

Set in 1869 on the Alberta-Montana border, the new series premiering tonight stars Cara Gee, Melissa Farman and Tattiawna Jones. After most of the men in their community vanish in mysterious circumstances, the trio of women must fight for their independence and survival.

"We are definitely in distress, but by no means are we damsels," said Farman in a summer interview.

"We're damned selves in distress," joked Gee, cracking up her co-stars.

Gee stars as Kat Loving, a bold Métis woman determined to rebuild her family after a sudden loss. Farman plays Dr. Rebecca Blithely, a mildly autistic savant whose intelligence is thought to be a rare anomaly for her gender. And Jones is Isabelle Slotter, the spiritualist daughter of freed slaves.

"Thousands and thousands of women like this actually existed. Their stories just haven't been told," said Jones, an Ontario-born actress best known for *Flashpoint*.

"We're showing the story of our foremothers, not just our forefathers," agreed Farman. "The western is a myth of origin. As a nation, it's our tale of beginnings. Women are part of that beginning. So it's very exciting, and I think we're honoured to be part of that kind of storytelling."

Strange Empire, from Durham County writer Laurie Finstad-Knizhnik, has been touted by the CBC as an ex-



CBC's latest offering is a western-style show with women (Tattiawna Jones and Cara Gee) at the helm. Scan this photo with your Metro News app to watch the trailer. CONTRIBUTED

ample of the bold new direction the public broadcaster is taking.

Gee said it was interesting to see the CBC take a chance on the series. The half-Ojibwa actress was crowned one of the Toronto International Film Festival's rising stars last year.

"It's unlike anything else that's on TV right now, and it's so dark," she said.

All three actresses count themselves lucky to land the series, which is shot in B.C.

Farman, who was born in New York to a Canadian mother and French father and has



Melissa Farman plays Dr. Rebecca Blithely. CONTRIBUTED

Historic drama

"Thousands and thousands of women like this actually existed. Their stories just haven't been told."

Actress Tattiawna Jones, on the ground-breaking new TV western *Strange Empire*

appeared on *Lost* and HBO's *Game Change*, said *Strange Empire* is an "incredible show."

"I'm working with the two most talented, amazing young actresses," Farman said. "We've got an incredible showrunner, women producers, and we're all excited about telling a story that's going to be so groundbreaking. We're taking a genre and turning it over its head."

Finstad-Knizhnik said she "got goosebumps" when producers told her about the basic concept of the show.

"The western is a genre that's very convention-laden and cliché-ridden. The roles for women are particularly tiny and minimal," she said. "I wanted to explode that, just for the fun of it."

She said a lot of research went into creating the series, set shortly after the 1867 Confederation of Canada.

Isabelle Slotter is loosely based on Victoria Woodhull, a white prostitute who eventually became the first female candidate for president of the United States.

Finstad-Knizhnik said it was only natural to have an ethnically diverse cast, as that was the reality of the time. Black and Chinese migrants had travelled north to flee the southern United States and various First Nations groups had been pushed closer together.

"It's a very real history. It's a very fascinating history. And it's one that I don't think we've really declared as a country, either Canadian or American," she said.

THE CANADIAN PRESS

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| A) Algebraic | C) Quadratic |
| B) Trigonometric | D) Mathematic |

Playing with Prince means just jumping in

3rdEyeGirl. Canadian guitarist hand-picked by Prince has learned to follow the master

Donna Grantis grew up in the bustling suburb of Mississauga, Ont., and polished her considerable guitar chops at McGill University — but now she has two feet firmly planted on Planet Prince.

She remembers the first time she was reeled into the pop icon's orbit: She received an email asking if she wanted to come to Prince's famed Minnesota studio Paisley Park to jam. A phone call soon followed with a short list of songs to learn.

Naturally, she was skeptical. But then a ticket arrived for a one-way flight.

Her good fortune didn't necessarily become easier to believe upon arrival; if anything, the sense of surreal fantasy was only heightened when the chameleonic pop star walked into the room, introduced himself, and they started playing.

It's been nearly two years now since Grantis was made a member of both Prince's backing band and the all-female trio he masterminded, 3rdEyeGirl.

But no one really gets used to playing with Prince.

"Every time we play a song, anything can happen at any time," Grantis relayed in a recent telephone interview. "Prince is a master bandleader, so we've learned to really follow him.

"He could break down songs at any time. He could cue a solo to anybody. We could start off with a set list but I don't think we've ever

played a gig where we've followed it.

"He plays a song and we just have to jump in. Sometimes he'll even just play something we've never done before, like a groove, and we have to react.

"We're prepared for anything onstage."

This week, the Purple One spearheaded the release of two albums: *Art Official Age*, a solo disc from the multi-instrumental, multi-genre master; and *Plectrumelectrum*, a groove-heavy record performed by 3rdEyeGirl, but written and produced by Prince.

Grantis caught up with The Canadian Press to discuss the records and help to settle some of the myths surrounding her legendary leader.

You're entered into a guitar-solo sparring match with Prince at the end of the new tune *Anotherlove* on *Plectrumelectrum*. What was that like?

It was like four in the morning one night when we played the track all together. And I was playing the rhythm-guitar part and I knew at



Donna Grantis, left, Prince, Hannah Ford and Ida Nielsen of 3rdEyeGirl who are releasing their debut album this week. HANDOUT/THE CANADIAN PRESS

the end that that whole long jam-out section was going to be a massive, epic solo. And Prince asked me if I wanted to record the solo right there on the spot or the next day. And I thought, "OK, I'd like to record this tomorrow because I thought it'll give me some time to come up with some

soloing concepts, try out some different ideas, maybe work out a few things." And he said: "OK. Let's do it now."

I know he can call up any tune he wants in a live setting. Do you know how many songs you've learned since you joined his bands?

No, I don't — I've lost track. I know it's in the hundreds.

I want to fact-check some of the rumours I've heard about working with Prince. I've read about 12-hour jam sessions. I guess you don't get a ton of sleep working with Prince?

No, you don't. Sleep's overrated.

And I heard he sends the band funny, short emails?

We totally pass on messages by email. Yeah, he's got a great sense of humour.

You're joined in 3rdEyeGirl by Hannah Ford and Ida Nielsen. It's not the first time he's assembled an all-female group. What do you think motivates him to do that?

I think he likes the energy we bring to the table. I've heard him say that he admires the strength in working with women. And I think it's just so cool to have a balance of male and female energy in a band — and in anything for that matter.

THE CANADIAN PRESS

Anything can happen when you're playing with Prince

"We could start off with a set list but I don't think we've ever played a gig where we've followed it."

3rdEyeGirl guitarist Donna Grantis

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Prince William. ALL PHOTOS GETTY IMAGES

William wants paparazzi to allow Prince George to live an 'ordinary' life

If anyone can successfully take on the paparazzi — or, in this case, one individual paparazzo — it's Prince William.

His Kensington Palace office announced William and wife Kate Middleton have "taken legal steps to ask that an individual ceases harassing and following both Prince George and his nanny as they go about their ordinary daily lives," according to a royal statement.

William and Kate "understand the particular public role that Prince George will one day inherit, but while he is young, he must be permitted to lead as ordinary a life as possible."

Seems reasonable enough, but that "as ordinary a life as possible" bit has got to be on a pretty impressive sliding scale when you're talking about a member of the royal family.

Still, points for effort.

Downey up for Iron Man 4 — if Mel Gibson directs

You want more Iron Man movies starring Robert Downey Jr.? Well, he's got some very specific demands.

Although Downey has said a fourth Iron Man is out of the question, he agrees with Deadline's idea that he'd be up for it if Mel Gibson directs. "Why not? That movie would be bananas."

And he knows something

about having a rocky past.

"I think it was just the very worst aspects of somebody's psyche being treated as though they were the blanket statement about a person," he says of Gibson's troubles. "Because he is so gifted as a storyteller and a director, I don't know that he requires some sort of mass forgiveness."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Levine mellow with marriage, Lavigne ages without Chad



STARGAZING
Malene Arpe
scene@metronews.ca

This week in *Is Anything Even Real Anymore?* 1. Kelis says she doesn't like milkshakes. 2. Tom Selleck says he's never given his moustache a nickname. 3. A Swiss study finds that cows really hate the sound of cowbells. 4. Ashton Kutcher reveals the name of his daughter (Wyatt Isabelle) and posts pictures of random babies and animals. 5. The trailer for Katherine Heigl's *Home Sweet Hell* indicates the odd possibility the movie may be funny. 6. Lindsay Lohan gets OK reviews for her *Speed-the-Plow* performance.

Kendall and Kylie Jenner's novel sold only 13,000 copies. "That's the final straw," says Kris Jenner, "they'll have to learn how to read and write, after all."

In the new Maroon 5 video, Adam Levine plays an obsessive, blood-covered, neck-bearded stalker. So nice to see that marriage has mellowed him some.

Avril Lavigne celebrated her 30th birthday



without Chad Kroeger. Which really is the most perfect birthday present for any woman at any age.

Bono says George Clooney's wedding "was very emotional and lovely." Which is pretty much the same as the response to the latest U2 album, except for the "lovely" part.

Brad Pitt says he and Shia LaBeouf got into a fight with Scott Eastwood on the set of *Fury*. Unfortunately, he didn't mention whether he and Scott were both shirtless, so it's really not all that interesting.

A poll finds Prince Harry is the most popular of all the British royals. "Such delightful news," said Duchess Kate. "I brought you a very special apple to celebrate. Why don't you taste it while fondling my antique spindle?"



Lindsay Lohan

LiLo might lie low after reviews of her stage debut

Lindsay Lohan's London stage debut is out of previews and officially opened, but the critical response has not improved.

Mark Shenton, writing for *The Stage*, says Lohan is "clearly out of her league and embarrassing on stage, still calling for prompts."

Quentin Letts of the *Mail Online* calls her turn in David Mamet's *Speed-the-Plow* a "travesty of art" and criticized the show's producers because they "sold their art for a potage

of notoriety."

Even the positive reviews feel like backhanded compliments, like Michael Billington's *Guardian* review that praises Lohan for a "perfectly creditable performance"

Still, Lohan's got some influential fans on her side, like Oprah Winfrey, who stopped by backstage after a performance.

I guess bad feelings they had over the Lohan-focused reality series *Winfrey* produced are behind them.



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NOTICE OF HEARING FOR: Permanent Guardianship Order TO: Shannon Ledoux

Take notice that on the 17th day of October 2014 at 9:30 a.m., at Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **December 4, 2002**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR: Permanent Guardianship Order TO: Barry Highfield

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Budgets are mind over money

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Unconscious spending can quickly add up. Think before opening that wallet!



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

When everything's rolling along hunky-dory, it's easy to get into the habit of spending money. The full-on cable package with a side order of sports or movies is an easy buy when money is aplenty. The extra-large latte as you're rolling into work becomes a must-have. And lunches are a well-deserved reward for all the extra hours you put in. Thousands of bucks out the window without a second thought. Unconscious, habitual spending with only a momentary payback. Instant gratification at its finest.

If you're buying coffee a couple times a day and dropping \$4.75 a pop, that's \$2,280 a year. No, I'm not suggesting you give up your fix completely. Switch your caffeine dealer or sip smaller and send the rest to your emergency fund or your long-term savings. It's not about going without; it's about loving every sip even as you limit your indulgence so you have some money for other important things.

Lunches out are another way unconscious spending gobbles up money. An entrée can run to \$15. Add a beverage or a cup of tea with the caramel praline



Grocery shopping without a list? Only if you want to blow your budget! iStock

cheesecake for dessert and you're shelling out \$35 with tax and tip. Do that three times a week and watch \$5,360 a year go down the toilet, literally.

Grocery shopping is a completely different experience than it was when our parents were raising us. We buy cherries off-season for \$10 a kilo. A single dragon fruit can run to \$4. We buy mangoes, star fruit and avocados in the depths of winter. We buy organic and we pay a pretty penny for the option. How much of what you buy is purchased on im-

Quoted

Sipping three bottles of moderately priced wine a week swallows \$2,500 of your hard-earned money annually.
Gail Vaz-Oxlade

pulse? Do you end up using it all, or do you throw out those impulse purchases because you never get around to using it all up?

If you don't shop with a list, you're leaving yourself susceptible to all the contrivances retailers have come up with to separate you from your money. Be-

come conscious of what you're buying and you can cut your grocery bill by 30 per cent. If you're currently averaging \$1,200 a month for food, that'll save you over \$4,300 a year.

Most people spend more on their insurance than they should. Insurance is yucky, after all, and having

put it in place, it's easier to just keep paying whatever you agreed to and not think about it too much. Want to save some money? Most insurers offer a multi-vehicle discount, which can add up to 10 per cent off both cars.

Switch your home policy to the same insurer and save another five per cent. Ask about age, low mileage, anti-theft, occupational and auto club discounts, all of which could save you money. And raise your deductibles to \$1,000. Potential overall savings? About 35 per cent.

Carrying a balance on your credit cards? About half of us do. And, sadly, many of us are unconscious enough not to know what it's costing us (or maybe we don't want to know!). Time to get those statements out to see what you're paying. More than 9.9 per cent? With your terrific credit history, you should be getting a better deal. Throw your weight around to have your interest rate lowered. Failing that, get a cheaper card and transfer your balance. A \$5,000 balance at 18.9 per cent costs \$945 a year in interest. Get the rate down to 9.9 per cent and cut costs by almost half. Better yet, get a teaser rate of 2.5 per cent, and save \$820 a year.

Federal and provincial governments see cigarettes as a major source of income. Are you still smoking? Seriously? Smoking a pack a day eats up almost \$4,500 a year. Sipping three bottles of moderately priced wine a week swallows \$2,500 of your hard-earned money annually. It's easy to spend money without giving it a second thought. It's also very expensive.

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This recipe serves six. ROSE REISMAN

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ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

For a Thanksgiving show stopper, make this delicious pumpkin or squash soup served in the shell. Both are in the winter squash family and have a sweet, smooth and creamy flavour and texture, which makes the soup taste like it's loaded with butter and cream.

Squash and pumpkin are low-glycemic foods, meaning they release sugars slowly and help to keep you feeling full longer. The cinnamon and ginger gives this soup its distinctive flavour.

One cup of pumpkin con-

tains more than 2,000 per cent of your daily recommended amount of vitamin A, which helps your vision. Pumpkins are also a source of vitamin C, which works to improve your immune system — important for the cold weather months!

What makes serving in the shell so quick and easy is microwaving the vegetable — it takes much less time than roasting and keeps its shape.

Directions

1. With a sharp pointed knife, pierce the squash all around. Place two squash at a time in the microwave and cook on a high heat for at least 4 minutes or just until barely tender. Cool while preparing soup.

2. Spray non-stick saucepan with cooking oil, add vegetable oil and place over medium-low heat. Stir in the garlic and onions. Cover and cook until softened, about 3 minutes.

3. Stir in squash, stock, cinnamon, ginger, salt and pepper. Bring to a boil, then reduce the heat to medium-low. Cover and cook 15 minutes, or until the

squash is tender. Add honey.

4. Remove top of squash cutting below stem. Save for garnish. With spoon remove seeds and stringy flesh and some of pulp to make soup bowl.

5. Transfer the soup to a food processor or blender. Purée until smooth, working in batches if necessary.

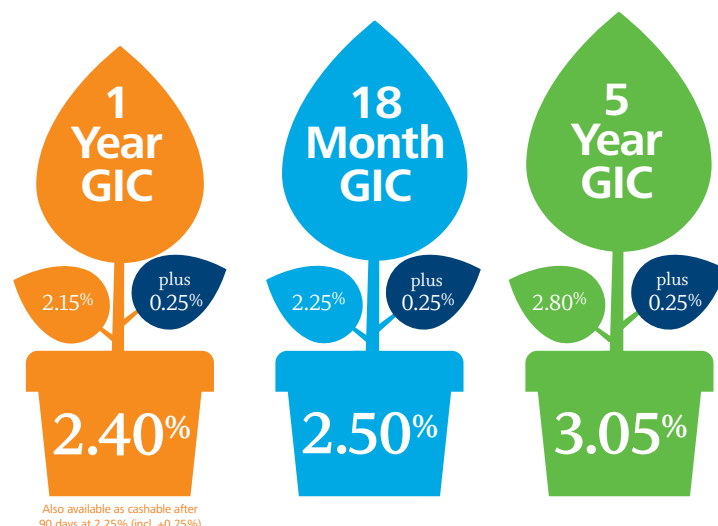
6. Ladle into individual pumpkin or squash shells and garnish with a dollop of yogurt.

Ingredients

- 6 small acorn squash or pumpkins
- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 cup diced onions
- 1 1/2 lb cubed peeled acorn or butternut squash or pumpkin
- 3 cups gluten-free chicken or vegetable stock
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- pinch salt and black pepper
- 1 tbsp honey
- 3 tbsp low-fat yogurt

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Harvesting empowerment in produce

Food for thought. A school break — and a lesson in hard work — for teen farmhands during potato season

In the gentle hills of northern Maine, far from the rocky coastline and light-houses, teenagers trade warm classrooms for cold potato fields every fall, just as they have for generations.

Schools shut down — sometimes for weeks at a time — while their students haul in the harvest or monitor conveyor belts for potatoes that don't measure up as farmers rush to fill their stores before the ground freezes.

But as farm operations consolidate and heavy machinery make them more efficient, farmers wonder how much longer there will be a place for the harvest breaks that as little as 20 years ago saw kids hand-picking potatoes for 50 cents a barrel.

"Eventually it'll probably fade away," said Wayne Garrison, the 72-year-old co-owner of Garrison Farms, which hired eight high school students to help harvest its 700 acres of potatoes. "I'd hate to see it go, I really would."

Nearly a dozen high schools here emptied for this year's harvest — fewer



Do you think the benefits of exposure to a field of work merit a pause from a pen and paper? ISTOCK

than the old days, when virtually all schools shut down. This year, only a handful of high schools have closed for the entire three-week harvest.

And school boards are continually grappling with whether or not to continue the tradition as modern farming reduces the need for large numbers of labourers.

"All things change," said Don Flannery, executive director of the Maine Potato Board. "Will there be harvest recess 10 years from now in Aroostook County? I'd be surprised."

The harvest is a dirty, noisy mechanized ballet of tractors, trucks and fork lifts. But there's still a need for young farmhands, for now at least.

On a recent day in Mapleton, 16-year-old Nick Powers was operating one of the potato trucks, creeping alongside a harvester that offloads more than 30,000 pounds of potatoes every 15 minutes.

"It's not easy work, but it's a good way to make

A window into working life

"There's something to be said for the fact that people are earning that first paycheck. You see that transition with the first job, the first paycheck, and the first opportunity."

Brent Buck
Farm owner

quick money," he said.

Those who work the full three weeks will earn about \$2,000 — money some will save for college, a car or hunting gear. They'll also get a lesson in hard work.

"It's a good learning experience," said 16-year-old Malerie Buck, another Presque Isle High School junior and the daughter of one

of the farm's owners, who was lined up along a conveyor belt, pulling rocks, plants and bad potatoes as they tumbled by. "You never know what work is until you do something hard."

Brent Buck, who was overseeing his daughter and other teenage workers in Mapleton, said the work is dirty, noisy and scary — full

of many moving parts and big equipment.

"But there's something to be said for the fact that people are earning that first paycheck," said Buck, who along with two brothers owns a farm with 300 acres of seed potatoes. "You see that transition with the first job, the first paycheck, and the first opportunity."

The harvest break was once the norm in agrarian society but has long since been abandoned in most farming communities. One of the few other places with harvest breaks is Idaho, the nation's top potato producer, in small cities like Rexburg, Rigby and Shelley, said Don Odiorne of the Idaho Potato Commission.

It may seem strange that classrooms are empty just weeks after students started school. But many educators support harvest break because it benefits communities and teaches hard work.

"Educationally, you could talk to a hundred different people and you'd get a hundred different opinions on the impact of the harvest break on education," said Roger Shaw, school superintendent in Mars Hill.

"I'd argue that kids who work during the potato harvest are exposed to a work ethic that they wouldn't normally get."

The work can be difficult, but also tedious. In Blaine, Shannon Scully and her friends have picked up another crucial life skill as they carefully monitor the spuds that come in from the field — finding the little workplace joys that make the day go a little easier.

"We find potatoes that are shaped like animals," she joked.

THE ASSOCIATED PRESS

An industry that's definitely not small potatoes

- Up until the 1940s, Maine was the potato capital of the United States, and Aroostook County — a place so vast that it's about the same size as the combined states of Connecticut and Rhode Island — is still home to roughly 50,000 acres of potato farms.

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LAKSHMI
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Picture this: It's mid-term week, and college students everywhere are trying to frantically memorize all of the math formulas, political theories and historical facts they possibly can. Needless to

Remember to sleep

- Most students probably sense that all-nighters are unhealthy. Carey has the science to prove it. "Sleep is a kind of learning, too," he says. If you feel like you absolutely need an extra few hours to review before your test, Carey says it's better to wake up earlier and study rather than staying up well into the night.

say, most won't be successful. "Cramming is like stuffing a cheap suitcase," says

Benedict Carey, the author of the new book *How We Learn: The Surprising Truth About When, Where, and Why It Happens*.

"It stays in for a while and then it falls out."

While cramming does work in the short-term, most students forget most of the material within days.

We asked Carey for his advice on how to study more

effectively.

Break things up

Let's say you have three hours to study for a test. Carey suggests breaking up the material into three distinct parts. "It's called spacing," Carey explains. Studying for an hour and then taking a 15-minute break helps you retain information.

Reject creating a routine

It's a myth that students should study at the same time and place every day. "Vary the music, the sights and the sounds around you," urges Carey.

Taking your textbooks to a café to study can help you remember the material better. "All of those things enrich that memory," says Carey.

Quiz yourself

Instead of solely devoting your study time to memorizing the material, Carey says students should also make it a point to test themselves. "Let's say you are studying a language," says Carey.

"If I give you 10 words, it's much better to test yourself than to study them again and again."

Lessons from the desert

Truly take the lead by sharing it with your team

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.



LESSONS FROM
THE DESERT
Stefan Danis
life@metronews.ca

For teams to succeed over the long term, every member must step into the position of leader, irrespective of their role on the team. Racing desert team events, each member of our team of three was required to run 250 kilometres while remaining within 10 metres of one another. While assigned a role, when circumstances dictated a change, we all had to switch and appoint a new leader. It led us to a win in the Atacama and a close second place in the Sahara race.

We sometimes forget that in order to lead, one must have willing followers. Leading by entitlement is rarely effective nowadays. Leadership is earned, and over the course of a long race, one type of leadership can wear on a team.

Influence with integrity

"We sometimes forget that in order to lead, one must have willing followers. Leading by entitlement is rarely effective nowadays."

Each leader has an expiry date, and as teams encounter challenges, that date is typically accelerated. If leading from the front, a leader stops being heard or needs to be shielded from the pressure of leading for brief moments to revitalize before leading again. If leading from the back, the front line will need to experience the leader stepping up to the front line to get firsthand knowledge of what goes on and do some of the more tedious work. Teams who can naturally share leadership tend to do better. Either a teammate intuitively senses when to step in and replace the leader, or the leader naturally and willingly follows at times.

At work or in a team race, most of us have a default preference that determines our comfortable place in the team ecosystem. In the desert, it became obvious that no one should be at the front to pull the team for the whole race, even though they could. We were better together by performing our duties to the best of our abilities and were united by frequently switching from being willing followers to willing leaders even if out of our comfort zone.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Sticks and stones or a gentle joke?



If the humour vibe around you is more endearing than it is sneering, it may be time to get in on the laughter. ISTOCK

Dear Metro,

My boss has started calling me a humiliating nickname that I don't like: Shrimp. At first she just wrote it in emails, but she's started using it with other staff members. This week she even called me Shrimp during a meeting with outside clients! I know I'm short, but I don't like having it pointed out on a daily basis. I've hinted that I don't find it funny, but it didn't help. How do I get her to stop?

— That's Not My Name



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear TNMN,

Hey there, Shortstop. Is it OK if I call you that? What about Squirt? Still weird? As a fellow

member of the vertically unimpressive (I hit five feet two inches and a very significant half), I can empathize with the shrimp complex.

The top shelf is beyond your reach. Your jeans drag on the floor. You can barely ride a roller coaster. It can be frustrating — especially when there's a Shaquille O'Neal standing in front of you at a concert.

But beyond the practical irritations, being small is no big thing. Which means this nickname should not make paella of you. Since your boss has ignored your hints, assess her motivations.

Maybe her crustacean-fixation is a genuine term of endearment: The nickname could signal you've entered her inner circle. If that's the case, I suggest owning it. When she pokes fun of your height in a meeting, ask for a booster seat.

When she addresses an email to Shrimpie, sign back Red Lobster. Get in on the joke,

rather than letting the joke get you.

But if she's calling you Shrimp to belittle you — literally — that's another kettle of prawns. Bully bosses can skewer your sense of workplace self-worth, slowly charring your confidence to a BBQ'd husk.

In this case, the same logic holds: owning the joke will take away its power.

If you're not comfortable making fun of your own under-par stature, scrap the hints and be direct.

Tell your boss you're no hors d'oeuvre, and keep saying it until she stops. Shrimp may be invertebrates, but you've got a spine.

However you choose to deal with this, be your own a captain — not a kebab.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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Sensitive issue of teeth

Don't let pain hinder your enjoyment of winter sports

You are out for a run on a crisp fall morning, you take a deep breath ... and ouch! The pain of sensitive teeth can be waiting for you around every corner. What causes it, and how can you manage it so you can enjoy everything winter has to offer?

If you are noticing tooth sensitivity is more acute this time of year, it's not your imagination.

"Surveys have shown that 65 per cent of Canadians say they suffer from tooth sensitivity compared to only around 50 per cent of Americans," says Toronto dentist Dr. Janet Tamo. "With cold drinks, cold food and cold air being top triggers, it's no wonder that more Canadians say they have sensitive teeth."

There are many reasons one can develop sensitivity.

"Acidic foods and beverages, toothbrush abrasion, clenching and grinding of teeth are some of the causes of tooth sensitivity," Tamo says.

Teeth also respond to extremes in temperature, which is why you might cringe when you drink a cold beverage, sip on a cup of hot tea or breathe in cold air. But what causes the pain?

"The dentin (the layer of the tooth that lies



SHUTTERSTOCK

under the enamel) has tubules that connect the enamel to the nerve," Tamo says.

"If the dentin is exposed due to hard brushing or acid from sugar or acidic foods, the tubules deliver the cold sensation directly to the nerve of the tooth, causing an ache."

For those of us who enjoy playing winter sports, this can — pardon the pun — be a real pain. That's why National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, have partnered with Crest to introduce new Crest Sensi products.

Do you have sensitive teeth that bother you this time of year? Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says.

Also, choose a soft-bristled toothbrush and toothpaste formulated for sensitive teeth to help reduce sensitivity over time so you don't have to avoid your favourite winter activities.

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NBA pre-season

Raptors top Kings in Vancouver

DeMar DeRozan scored 21 points to lead the Toronto Raptors to a 99-94 win over the Sacramento Kings in their pre-season opener as the NBA returned to Vancouver for a day.

Jonas Valanciunas and newcomer Lou Williams added 12 points apiece in front of a sellout Rogers Arena crowd of 18,630.

THE CANADIAN PRESS

NBA pre-season

LeBron gets 2nd half off in Cavs' win over Tel Aviv

LeBron James scored 12 points before resting in the second half and the Cleveland Cavaliers gave new coach David Blatt an exhibition win over his former team, beating Maccabi Tel Aviv 107-80 on Sunday night. THE ASSOCIATED PRESS

DUI arrest

Phelps puts swimming on hold

Putting his swimming career on hold after his second DUI arrest, Olympic champion Michael Phelps began a six-week program Sunday that he said "will provide the help I need to better understand myself."

The winningest athlete in Olympic history made the announcement in a series of posts on his Twitter account.

Phelps entered an inpatient program that will keep him from competing at least through mid-November.

THE ASSOCIATED PRESS

Cys don't matter as O's Cruz into ALCS

MLB playoffs. Two-run homer by Nelson Cruz wraps up Baltimore's Division Series win over Detroit

Nelson Cruz, Buck Showalter and an unheralded bunch from Baltimore swept aside Detroit's Cy Young winners.

Cruz sliced a two-run homer for his latest big post-season hit, and the Orioles held off the Tigers 2-1 Sunday to reach the AL Championship Series for the first time since 1997.

Bud Norris out-pitched David Price in Game 3 of the AL Division Series. The Tigers scored in the ninth and put the tying run on second with no outs, but Orioles closer Zach Britton escaped the jam and lifted Showalter into his first LCS in 16 seasons as a big league manager.

"This is fun to watch. Believe me, I'm happier than you can imagine," Showalter said. "But most of it comes from getting to see the players get what they've put into it."

Baltimore opens the ALCS on Friday at home against the Kansas City Royals.

"We've got a lot to go and we're grinding," outfielder Adam Jones said. "If we play as a team, we can do anything."

Cruz's homer was his 16th in post-season play, including eight against the Tigers. He was the MVP of the 2011 ALCS for Texas in a six-game victory over Detroit.

Cruz spent much of this past off-season without a team



The Baltimore Orioles celebrate their Game 3 win over the Tigers on Sunday evening at Comerica Park in Detroit.

LEON HASLIP/GETTY IMAGES

Game 3

2

Orioles

1

Tigers

- **Royals 8, Angels 3.** The Royals' fairy-tale fall continued on Sunday night as they finished off the Los Angeles Angels in three games to advance to the ALCS. Go to metronews.ca for more coverage of the Royals' win.



after serving a 50-game suspension last year for violating

baseball's drug agreement.

"He knows things were self-inflicted," Showalter said. "He really wanted to re-establish himself, and we thought that we could provide a real good opportunity for him, and the sky might be the limit."

Norris pitched two-hit ball for 6-1/3 innings, and Andrew Miller got five straight outs to keep the shutout going.

Victor Martinez and J.D. Martinez opened the ninth with back-to-back doubles off Britton. Bryan Holaday struck out after a failed bunt attempt, and Showalter made the unconventional decision to put the winning run on base by intentionally walking Nick Castellanos.

That meant the bottom of Detroit's lineup would have to come through. The Tigers sent up Hernan Perez — who had five at-bats in the regular season — to pinch hit, and bounced a 96 m.p.h. fastball into a 5-4-3 double play. It was Britton's second save of the series.

Cruz led the majors with 40 homers this season, and the Orioles topped baseball with 211. It was his two-run homer in the first inning of the opener that set the series tone, and he came through again in the sixth inning against Price. Cruz's drive cleared the wall in right, about two feet to the left of the foul pole.

THE ASSOCIATED PRESS

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Another milestone in the Mile High City

NFL. Peyton Manning spreads love around after tossing 500th career touchdown

The best part of Peyton Manning's big day was getting to share the spotlight with some of his best friends.

Manning joined Brett Favre in the NFL's most exclusive of clubs with his 500th touchdown toss Sunday when the Denver Broncos handed the Arizona Cardinals their first loss, 41-20.

"Football is the ultimate team game, and so I guess one man has to accept it and I really accept it on behalf of a lot of coaches and teammates," Manning said.

Manning threw for 479 yards and four touchdowns, moving him within five of



metro AR Peyton Manning's 500th TD throw came in his 244th career regular-season game, 49 fewer games than it took Brett Favre. Scan the image with your Metro News app for a look at more action from around the NFL on Sunday. DUSTIN BRADFORD/GETTY IMAGES

Favre's record 508.

After getting his touchdown — a seven-yard dart to tight end Julius

Thomas — out of the way early, Manning helped Demaryius Thomas and Wes Welker make history, too.

Thomas set a franchise record with 226 yards on eight catches, beating Shannon Sharpe's mark of 214 yards set against Kansas City in 2002.

Welker's seven receptions moved him past Rod Smith for the most catches in NFL history by an undrafted player.

"I still can't believe he was undrafted because that man can play some ball," Thomas said.

Manning's 500th TD pass came against two of his mentors: Arizona head coach Bruce Arians, who was his first QB coach in 1998, and Cardinals assistant head coach Tom Moore, who was his offensive co-ordinator during his 13 seasons in Indianapolis.

"I give both of those men a lot of credit for helping me improve as a quarterback," Manning said.

THE ASSOCIATED PRESS



Caps win, Canes lose Skinner

Capitals centre Evgeny Kuznetsov winds up to score on Carolina Hurricanes goalie Anton Khudobin on Sunday night in Washington. Troy Brouwer and Brooks Laich each had a goal and an assist and the Capitals beat the Hurricanes 5-2. The Canes lost forward Jeff Skinner early in the first period after he took a hit to the head from Matt Niskanen. Skinner was able to skate off, but Carolina announced Skinner wouldn't return due to an upper-body injury. ALEX BRANDON/THE ASSOCIATED PRESS

CFL

Tate leads Stamps to playoff berth

Drew Tate put the Calgary Stampeders on his back and carried them into the playoffs.

Tate drove into the end zone with 34 seconds left

to play as Calgary earned a 31-24 victory over Tino Sunseri and the Saskatchewan Roughriders on Friday.

Tate's one-yard touchdown plunge proved to be the winning score, one that crushed any hopes of an improbable Roughriders' comeback win.

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

It may be hard to figure out why a loved one is behaving badly but you should look for the reason. At work, you are advised to take what others say as the opposite to what they mean.

♉ Taurus

April 21 - May 21

According to the planets you have reached the end of one particular road and what happens in the run-up to Wednesday's eclipse will point you in a new direction.

♊ Gemini

May 22 - June 21

Something may look simple on the surface but if you dig deeper over the next 24 hours you will find it is anything but. Stand back and view what's going on from a wider perspective.

♋ Cancer

June 22 - July 23

Emotions will run deep over the next few days. Don't be shocked if there are a tears. In the greater scheme of things nothing of substance is likely to change.

♌ Leo

July 24 - Aug. 23

Travel and all forms of communication are highlighted over the next seven days, so make sure you plan your comings and goings well.

♍ Virgo

Aug. 24 - Sept. 23

An awkward situation won't seem so once the lunar eclipse in midweek has done its work. Until then, tread carefully when dealing with certain people.

♎ Libra

Sept. 24 - Oct. 23

It may seem as if several things are going wrong all at the same time but is that really the case? More likely you are overreacting to situations you don't really understand, so calm down.

♏ Scorpio

Oct. 24 - Nov. 22

Your enthusiasm for a plan is likely to wane over the next few days, but that's OK. You gave it your best shot and that is all you can ask of yourself.

♐ Sagittarius

Nov. 23 - Dec. 21

Don't change your plans because of a minor setback. What appears to be a disappointment now may, in the long-term, be a blessing.

♑ Capricorn

Dec. 22 - Jan. 20

If you are happy with your social standing that's great. If not, start thinking about how you would like to change the way you are seen by the world.

♒ Aquarius

Jan. 21 - Feb. 19

You are in the middle of one of the most fortunate times of the year and even when things seem to go wrong they will come good in the end. With that thought in mind, don't be afraid to take a few risks.

♓ Pisces

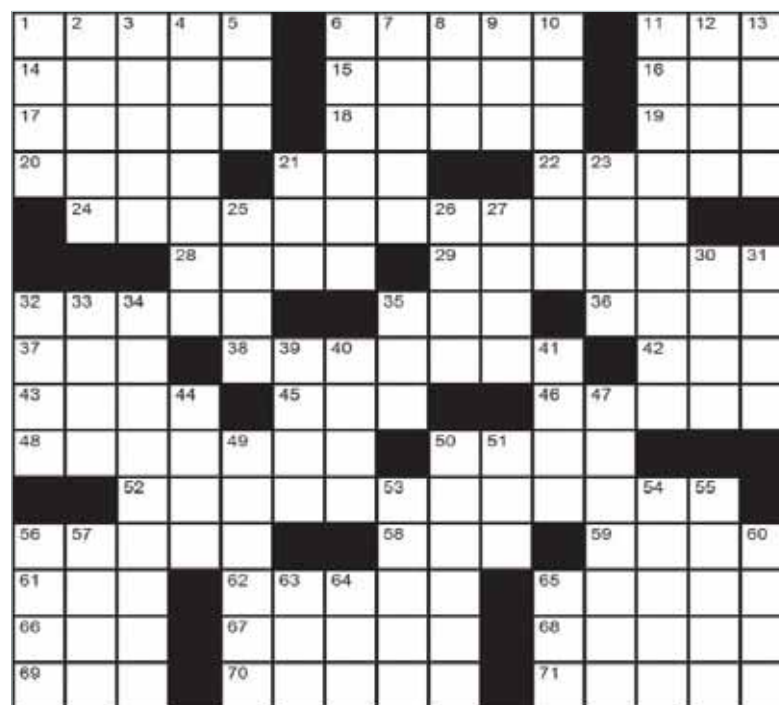
Feb. 20 - March 20

You dislike having to admit you were wrong but if you can't bring yourself to do it, the lunar eclipse in midweek will make your error look even worse.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Tanya __, 2014 Polaris Music Prize winner (More at #52-Across and #4-Down)
6. Gardener's green digit
11. "Understand?"
14. Before: French
15. "Able was __ saw Elba." (Palindrome)
16. Pre-1868 Tokyo
17. Mr. Shankar, and namesakes
18. Shiny flash
19. Mr. Torme of tunes
20. Carpe __! (Seize the day!)
21. Leandro's beloved
22. Upgrade from a bike
24. Casual pants choices: 3 wds.
28. Places
29. Momentum
32. Fashion mag
35. Computer co.
36. Desert-like
37. Egyptian Myth: Beatified spirit
38. Stanley Cup winner, e.g.: 2 wds.
42. Celebrity chef Ms. Drummond
43. Malayan sailing boat
45. Assist
46. "I __" (2001), Penn/Pfeiffer picture
48. Canada Post deliveries



50. 'Emblem' suffix
52. Type of artist
- #1-Across is: 2 wds.
56. Prince William's surname, as needed
58. "Mad About You" actress ...her initials-sharers
59. Les Etats-__
61. Canadian novelist Ms. McKay

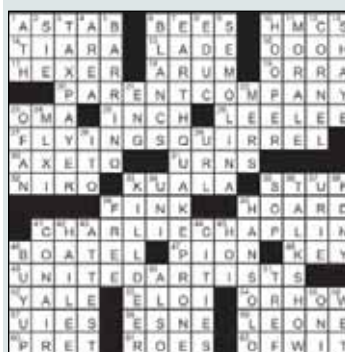
62. Who Farley rescued from that river
65. The __ House (Set-in-Nova-Scotia best-seller by #61-Across)
66. Un-yeses
67. Macbeth's title
68. Marie-Josée __, Canadian actress
69. Approx.
70. Mr. Marley, Bob's

- son
 71. Canadian director Mr. Arcand
- Down**
1. Canadian convenience store company, Alimentation Couche-__ Inc.
 2. AVOIR: J' __
 3. Courtroom mallet
 4. Winning album

- by the Inuk artist at #1-Across
5. Liq. amounts
6. River in Iraq
7. Bound-to-the-land person of ancient Sparta
8. William Tell's canton
9. Fellows
10. Image file format
11. Canadian bread

- company
12. Nice notion?
13. __ bracelet
21. Little amphibian
23. Tony Curtis/Sidney Poitier movie, "The Defiant __" (1958)
25. "You're putting __, right?!"
26. Correspond
27. Ms. Watson
30. Carbamide
31. Come across as
32. Comical Andy
33. Pod vegetable
34. Monday, October 6th: 2014 Scotiabank Giller Prize announcement
35. " __ better be!"
39. __: Spartan Assault (Video game)
40. Ms. Bonet
41. Foremost
44. Languish
47. "Sincerely": 1955 __ Sisters hit
49. Artificial
50. Ms. Tisdale
51. Olde-style word
53. Object
54. Company in 2001 headlines
55. Posh
56. Lessen
57. Actor John
60. " __ Leaving Home" by The Beatles
63. Greek letter
64. "Maple Leaf __": Piano tune by Scott Joplin
65. Alphabetic trio

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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